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Monday, June 11, 2012



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# METRIC SHAKES UP THE MUSIC

POPULAR CANADIAN INDIE BAND DROPS THE POP ANTHEMS ON LATEST ALBUM SYNTHETICA PAGE 8



LONDON

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Monday, June 11, 2012



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Bill Coxhead, London's director of parks and recreation, speaks during a Sunday news conference at city hall to outline problems encountered during the relocation of the Storybook Gardens seals. ANGELA MULLINS/METRO

## Disaster strikes Storybook seals

**Two die en route to St. Louis.** City officials looking for answers, but test results could take weeks



ANGELA MULLINS  
[angela.mullins@metronews.ca](mailto:angela.mullins@metronews.ca)

Two Storybook Gardens seals died on Friday and a third is in critical condition after something went wrong during their move to the St. Louis Zoo.

Nunavut, 12, died sometime between 2 and 4 p.m., hours after being loaded into an air-conditioned truck in London and shortly after crossing the U.S. border in Port Huron, Mich. Atlantis, 11, died at about 8 p.m. at the Fort Wayne Children's Zoo in Indiana. The seals were taken there after Nunavut was found unresponsive, and Cri Cri, 19, showed signs of problems, city officials said Sunday.

Cri Cri has since been taken to the Indianapolis Zoo where she is stable and continues to be treated by veterinarians. The fourth seal — Peanut, 19 — arrived safely in St. Louis on Saturday afternoon and is

### State of emergency?

- Londoners reacted quickly on Twitter to the city's emergency news conference on Sunday. City officials decided to call the conference because a written release would not have been "sufficient to express the sadness many people feel," Rob Paynter, manager of corporate communications, said in an email to Metro.

Read people's reaction to the news conference on Twitter at [metronews.ca](http://metronews.ca).



pleted on Wednesday.

A curator from the St. Louis Zoo was travelling with the animals and checking them frequently during the trip, Riddell said. Ownership of the seals had officially been transferred to St. Louis officials when the problems started.

"Everyone who knew and cared for these four seals from London to St. Louis felt they were physically ready to make this journey," Bill Coxhead, director of parks and recreation, said Sunday. "We have moved seals long distances (before). We used seasoned professionals that do this type of transport. We had folks with them that provided regular and professional care.

"At the first sign of trouble, the movers and caregivers diverted to seek help."

City councillors decided to move the seals and other exotic animals out of Storybook this year after Zoocheck Canada, a Toronto wildlife-protection agency, offered to find them new homes and pick up the tab.

Florine Morrison of London, a Zoocheck director, called the deaths "regrettable," though she added that situations like this aren't unheard of. "We're deeply saddened and shocked by the outcome," she said.



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LONDON

City Place, 320 Dundas Street

## 1

## NEWS

## On the web

## Popular pastor denies choking daughter

Megachurch pastor Creflo Dollar denied Sunday that he punched and choked his 15-year-old daughter in an argument, telling his congregation the allegations made in a police report are nothing but "exaggeration and sensationalism." Watch church members' reactions at metronews.ca.

## Neighbours oppose Oreo expansion plan

One hundred years after the introduction of the Oreo, an expansion plan at the iconic cookie's New York City birthplace has left a bitter taste in the mouths of its neighbours. Read more about the fight for the "American epicentre of food culture" at metronews.ca.

## Mobile news



When does a smartphone make you dumb? When you're driving. Scan the code to read about software developers' valiant efforts to solve the problem of distracted driving.

# Constituents concerned with Western proposal: Councillors

**Expense.** University's downtown expansion would cost taxpayers \$35 million

JULIAN UZIELLI  
london@metronews.ca

At least two city councillors say their constituents are unhappy about Western University's plans to move 1,400 students downtown.

"I've had a number of people making strong comments against giving city hall away, and also strong comments not

to invest all this money and give it away," said Ward 4 Coun. Stephen Orser.

"They're worried about their property taxes skyrocketing, because we'll be forced to buy or build a new city hall."

Ward 3 Coun. Joe Swan heard similar sentiments from his constituents.

"They're concerned about the renovation costs of the city, and then having to build a new city hall," said Swan, who chairs the investment and economic prosperity committee that heard the proposal.

"There's little understanding of the value to the city on such an action."

## The proposal

- Western would put up \$10 million for renovations.
- The downtown campus would have 1,400 students.
- The new campus would create 20 new jobs.

Among the items Swan would like to see in the proposal are a greater emphasis on international students in the core, as well as more clarity on the plans for Centennial Hall.

Western made its proposal for a downtown campus at a public meeting Saturday. The proposed campus would occupy city hall and Centennial Hall — and Western has asked for those buildings at no cost.

But a lot of work still has to be done to make the plan viable, Swan said.

"In the next couple of months we'll have to sit down with Western and look at the value proposition and make a solid business case for them to relocate downtown," he said.

The committee will work on the proposal over the summer, and make a recommendation to council in the fall.

## Series. ReThink London reconvenes

Before you ReThink London, you might want to get a handle on what's happening in city offices.

That's the idea behind a Monday event, the second in what's expected to be a series of community conversations leading to a new master plan.

From 6 to 9 p.m., city staff will be at the London Convention Centre (300 York St.) to tell people how plans that already exist or are being created will fit into the final product.

Details are at rethinklondon.ca.

ANGELA MULLINS/METRO



## Spinning their wheels in pursuit of a record

People hop aboard spinning bikes and cycle along with instructor Marty Menard during Saturday's Car Free Festival on Dundas Street. Menard, owner of Elite Personal Training and Live360°, was trying to set a record for the number of static cyclists in one place. The tally came in at 124. While that's short of the Guinness Book of World Records' titleholder, Menard is hoping to have his class certified as a Canadian record. ANGELA MULLINS/METRO

## Fundraising. Autism Canada event fills multiple roles with focus on families, kids

Carnivals and amusement parks often prove too stimulating for children with autism disorders.

So for them — and their families — Sunday's Autism Speaks Canada event in Victoria Park was as much about tackling bounce houses, gigantic slides and eating cotton candy as it was about raising money.

"It brings the community together and it gives people an opportunity to interact," said Kim Dixon, events manager with Autism Speaks. "It's their fun day in wonderland."

London's event marked its second year, drawing about 500 people from across southwestern Ontario. As of Sunday



CJ Barry, 7, and family friend Shawn Patey at Autism Speaks Canada's event Sunday. ANGELA MULLINS/METRO

afternoon, about \$37,000 had been raised with more donations expected to trickle in through Dec. 31.

Both numbers are on par with last year, organizers said.

While a portion of the

proceeds go toward Autism Speaks Canada's national research programs, some of the money is funneled back into the London area for programs that help families.

Aside from raising money, the non-profit's walks — six each year across the country — aim to increase awareness about the number of children living with a form of autism.

That's important, an official said, since data from the Centers for Disease Control shows one in 88 children will be diagnosed with an autism spectrum disorder in their lifetime.

Toronto's walk is the longest-running and largest, drawing about 7,500 people each year. ANGELA MULLINS/METRO

## Essex County. Two killed in minivan-train collision

Two children are dead following a fatal collision east of Windsor.

Essex County OPP say a vehicle-train collision occurred at 10 a.m. Sunday on Strong Road.

Police say a minivan was struck by a CP Rail train at a level crossing.

"There's no monitoring at this intersection. It is a gravel, rural road," said Const. Stephanie Moniz of Essex County OPP. "There's no bar that comes down, there's no flashing lights. It's simply a sign with the railway X on it, along with a warning sign that says 'stop before' or 'check both ways before crossing.' It's not monitored in any way."

## Train occupants

- Police say no one on the train was injured in the collision.

Two other children in the van were taken to Hotel Dieu and Metropolitan hospitals in Windsor along with the male adult driver of the van. Police could not confirm if the occupants of the van are related. Their injuries are undetermined at this time.

"In order to let emergency crews through, they split the train in half and disconnected the cars," Moniz said.

AM980/AM980.CA



# Rippers' win streak breaks

**Team to hit the road on Monday.** London's record is now 10-11

The London Rippers had their seven-game winning streak snapped on Sunday, losing 13-12 in 13 innings to the Joliet Slammers at Labatt Park.

London's Tony Delmonico (0-1), who started the game at second base, pitched the final three innings and gave up one earned run on four hits for the loss.

The game went back and forth all day. With the Rippers trailing 3-0, they put up a five-run third, capped by David Christensen's three-RBI double and an RBI singles by Joash Brodin and Mark Samuelson.

Joliet tied the game at 5-5 with a two-run homer by David Fox.

The Slammers took an 8-6 lead into the eighth inning, but Brodin and Samuelson each had two-run doubles, putting London back ahead 10-8.

In the ninth, Rippers reliever David Francis couldn't shut the door, giving up a

## Father's Day game

- London returns home on June 17 against the Washington Wild Things. The game will start at 6:30 p.m. and all fathers who bring their children get in for free.



two-RBI double to Jimmy Waters, who tied the game 10-10. Both runs were unearned.

A throwing error and wild pitch helped Joliet go ahead 12-10 in the 12th, but Brodin drove in his fourth and fifth runs of the game with a single in the bottom of the inning.

Joliet's Brad Netzel drove in the eventual winning run on a single in the 13th.

The Rippers hit the road Monday for six games. Their record is now 10-11. **METRO**

## Single-vehicle collision

### Watford woman ID'd as crash victim

OPP say a woman from Watford was the victim of a deadly crash on Thursday, west of Strathroy.

Police say a Mini Cooper was travelling eastbound on Napperton Drive when the car left the roadway, struck a tree and caught fire. The driver of the vehicle died at the scene. Police identified her as Pamela Wilson, 25.

AM980/AM980.CA

## Visit tvdsb.ca

### TVDSB seeks parental input

Parents, students, staff, and community members are invited to take part in shaping a new strategic plan for the Thames Valley District School Board. Trustees are holding public meetings across the school district to gather input.

"This ... reflects our commitment to student achievement and well-being," said chair Joyce Bennett. **METRO**

## The Aeolian

### Jazz, classical to have final meeting

The sixth and final Intersection: Jazz and Classical concert will be held Friday at the Aeolian with After Four, a London-based vocal jazz quartet.

Tickets are \$20 in advance and at the door; \$15 for students and seniors. The concert starts at 7:30 p.m. Call the Aeolian box office at 519-672-7950 to order tickets or visit aeolianhall.ca. **METRO**

## Sing-a-long-a

### Grease is the word, now sing it!

The Palace Theatre will host Sing-a-long-a Grease next month when the interactive show rolls into town, marking the 40th anniversary of the original stage version of Grease.

Sing-a-long-a Grease plays four performances at the Palace on July 6 at 8 p.m., July 7 at 2 p.m. and 8 p.m., and July 8 at 2 p.m. **METRO**

**FATHER'S DAY IS THIS SUNDAY.**  
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### Swiggin' times at Fiesta

Jennifer Illman, 30, takes a swig of water Sunday during Fiesta London's taco-eating contest. Ten contestants took the stage at Covent Garden Market to see who could down five tacos with the best time. Illman didn't win, but managed to clean her plate within minutes. ANGELA MULLINS/METRO

# Bark in the Park draws hundreds to Plunkett Estate

**Dog days.** Humane society fundraiser marks 28th year with a venue change

The dog days of summer came early Sunday as people celebrated a bit of everything man's best friend has to offer.

With a new venue and plenty of new events on the schedule, the London Humane Society's Bark in the Park Festival was a splash — quite literally.

Organized in the past at Greenway Park, the fundraiser moved to the Plunkett Estate this year after owner Steve Plunkett offered up the space. That meant ponds for dogs to swim in, a full nature trail for people to walk and lots of open areas for running off extra energy.

Wendy McNiff, the humane society's event and volunteer co-ordinator, was challenging people Sunday to donate \$85,000 — outdoing last year's \$60,000. The humane society receives no government

## How to help

The London Humane Society is still accepting Bark in the Park donations. Call 519-451-0630 for details.

money and Bark in the Park is its largest annual fundraiser. Money goes toward practically everything the non-profit does, including abuse investigations, adoptions and caring for an estimated 2,000 cats and dogs each year.

"The success of this event is really important to us being able to continue doing what we've been doing for 100 years," McNiff said.

Julie Anthony, 38, of London, and her dog, Finnigan, attended their first Bark in the Park together last year.

They were back on Sunday to help support the cause. Anthony adopted Finnigan from the Animal Rescue Foundation and holds such groups close to her heart.

"It's important to me that dogs without homes have a good life." **ANGELA MULLINS/METRO**



Justyn Good, 18, left, and his sister Brianne Good, 21, both of Dorchester, watch as their golden retriever Terra takes a dock dive Sunday during the London Humane Society's Bark in the Park Festival at the Plunkett Estate (9282 Elviage Dr.). The dock and adjacent pond were new to this year's event, which in the past has been held at Greenway Park.

ANGELA MULLINS/METRO

## In custody

### Woman wanted on outstanding warrants arrested

What may have seemed like a high-risk takedown in a London neighbourhood on Saturday was actually just a routine arrest. London police arrived at a residence on Gun Street on Saturday around 7:30 p.m.

Letitia Pelot, 21, of London faces five charges, all relating to breaching court orders and probation. **AM980/AM980.CA**

## Weather

### Heat, smoggy conditions prompt advisory

Environment Canada issued a smog advisory Sunday for a swath of the province running from Windsor all the way up to Barrie.

The agency says thanks to winds from the south, air pollution from the United States mixed with our own to make a layer of smoggy air.

**AM980/AM980.CA**

Peter Johnson, Chair of the Board of Directors, and Bonnie Adamson, President and Chief Executive Officer, invite you to the:



London Health Sciences Centre

## 2012 annual community meeting

Wednesday, June 20, 2012  
3:15 p.m. – 4:15 p.m.

Registration begins at 2:45 p.m.  
Refreshments available

London Health Sciences Centre  
Victoria Hospital, Sumner Auditorium (B2-119)  
800 Commissioners Road East,  
London, Ontario

To RSVP by June 13 visit [www.lhsc.on.ca](http://www.lhsc.on.ca)

For more information call 519-667-6760



# Kids Tri 4 Kids focuses on fun, helps charity

The grounds of Carling Heights Optimist Community Centre were teeming with activity Sunday as kids, families and volunteers gathered for the second annual Kids Tri 4 Kids triathlon. Kids aged three to 13 biked, ran and swam their way around the course at the centre (656 Elizabeth St.).

Jackie Moore, co-chair of the event, said the most important thing was that the kids had a good time.

"It's all about celebrating the finish line," she said. "We're really trying to focus on fun."

Proceeds from the registration fees were sent to Childreach, a London-based charity for children and parents in need. Moore said last year the event raised \$30,000 for the charity, and they hoped to reach a similar number this



Kids in the six-year-old division swim in the first leg of Sunday's Kids Tri 4 Kids triathlon at the Carling Heights Optimist Community Centre.

JULIAN UZIELLI/FOR METRO

year. Ethan Mills, 8, was one of the 320 kids who came for the fun.

"My dad asked us if we wanted to do a triathlon, and we said yes," he said. "It lets you get active — it lets you do a whole bunch of things."

**JULIAN UZIELLI/FOR METRO**

## By the numbers

# 320

Number of children who competed in the triathlon to raise money for London-based charity Childreach.

## Londoners walk in arthritis research fundraiser

Despite the hot, muggy weather, many Londoners laced up in the fight

against arthritis at an annual walk Sunday morning at TD Waterhouse Stadium.

The third annual walk raised funds for vital research and programs to support the more than 4.5-million Canadians with arthritis. Organizers were expecting about 350 participants.

Participants chose either a one-kilometre walk around the stadium,

or a 5-km walk through nature trails and portions of the Western University campus.

The goal was to raise \$75,000 and as of last Friday, the Arthritis Society's Southwest Region was near its target.

Nationwide, more than \$2.3 million has been raised since the first walk held back in 2010.

**AM980/AM980.CA**



## Omnibus bill. Proposed changes in the hundreds

Opposition politicians throwing hundreds of amendments at the Conservatives' omnibus budget bill are set to find out which ones are going to stick.

What could be a marathon week in the House of Commons begins Monday with the Speaker expected to decide how more than 1,000 changes proposed to Bill C-38, the government's budget-implementation bill, will be dealt with in the House.

The 400-plus pages of legislation amends some 70 laws, including the process for environmental assessment and the rules around Old Age Security and employment insurance.

The government argues all legislation contained within the bill is to the economic benefit of the country, but critics say jamming so many major changes into a single bill means they aren't getting the scrutiny they require.

But with a Conservative majority, the bill is set to pass, so all the opposition parties have

### Only playing games?

Conservative House Leader Peter Van Loan suggested the government may look at some of the proposed changes, but argued the lion's share are merely procedural games.

- "It appears to me that the opposition is simply looking to delay our important job-creating measures," he said.

pulled procedural rabbits of their hats.

The New Democrats and the Liberals gave notice of more than 1,000 amendments seeking to delete various clauses of the bill. Technically, a vote is required on each one, which could keep the Commons sitting around the clock for days.

"The content is flawed in many respects and they just want to bulldoze through the whole process," said NDP deputy finance critic Guy Caron.

THE CANADIAN PRESS

## Alberta. Oil leak could have been worse: Official

A representative for the company whose pipeline spilled hundreds of thousands of litres of oil into an Alberta river suggests there were two strokes of luck that kept the problem from being worse.

Stephen Bart, the vice-president of crude oil operations for Plains Midstream Canada, says the first piece of good luck was that the pipeline wasn't flowing at the time.

Bart says the second was that the Red Deer River was swollen with recent rain, which washed the oil to the Gleniffer Reservoir where it can be more easily contained by booms, leaving only localized pockets of oil on the river.

"While there is shoreline along the river that has been impacted, it has been confined largely to a number of these localized areas, that when we get cordoned off, we can address more fully," Bart told reporters at a news conference on Sunday.

### Cleaning up

"It's one of those things where the cure can be worse than the disease."

Peter Hodson, biology professor, Queens University, saying the cleanup has to be done with the utmost care.

Plains Midstream Canada estimates between 1,000 and 3,000 barrels of oil spilled Thursday. There's no word yet on what caused the leak, but Bart told the news conference that the affected section of pipeline ran underneath the river. Bart says there are people on foot who are looking for wildlife that may have been affected by the spill, but so far he says there have been few confirmed reports of injured animals so far.

Premier Alison Redford has said this latest oil spill has raised questions about how oil pipelines are monitored and regulated.

THE CANADIAN PRESS

### Egypt

## Mubarak ailing in jail as condition worsens: Source

Hosni Mubarak is slipping in and out of consciousness eight days after the ousted Egyptian leader was sent to prison to begin serving a life sentence, a security official said on Sunday. THE ASSOCIATED PRESS

### Australia

## Bishop says retirement not political

An Australian bishop who ruffled the Vatican's feathers by calling for reform says his decision to retire early is his alone and is unrelated to his differences with Catholic Church leaders. THE ASSOCIATED PRESS



Police use pepper spray and fight with protesters during an arrest near the Montreal Grand Prix festival area on Sunday.

PETER MCCABE/THE CANADIAN PRESS

# 34 arrested over Grand Prix protests

**Quebec.** No major incidents on Sunday despite plans by an anti-capitalist group to disrupt subway line

### Quoted

"Some of those arrested were people police recognized from earlier student demonstrations that had been deemed illegal."

Alain Simoneau, Montreal police district commander, responding to criticisms of searches and arrests that the force called a "preventative measure."

A weekend that brought Montreal's social unrest to the international stage ended Sunday with police clamping down on an attempt to disrupt the city's Grand Prix Formula One race.

Anti-capitalists and students upset about tuition-

fee increases held demonstrations throughout the four-day event, considered the world's premier auto racing series. The protests gave visitors a taste of the dramatic scenes — sometimes joyful, sometimes violent — that locals have been

witness to for months.

Many of those scenes played out just steps away from a huge party on Crescent Street for the festivities, considered the biggest annual tourist event in Canada.

Every night, a coalition of

students and anti-capitalists descended on the popular night-club strip to protest against the event. On several occasions there were violent clashes between protesters and riot police, with tourists caught in the middle.

Leading up to the race, officers were posted at stations throughout the subway system, with sniffer dogs and lines of police at the station near the track. Police said 34 people were arrested and 40 more were forced from the off-shore island, Ile Ste-Helene, where the race was held.

THE CANADIAN PRESS

## 'Xenophobic' ads taken off air in Egypt

Egypt's government pulled TV public-service announcements that warned against talking to foreigners because they might be spies after critics charged the spots fueled xenophobia and aimed to tarnish those behind last year's uprising.

The two spots ran on state and private television stations for a few days before Minister of Information Ahmed Anis ordered them off the air, a media

official said Sunday.

One opens with a blond-haired young man scanning a café while a narrator says: "From the beginning, he knows why he is here and sets up his goal. He won't have to spend much time getting to know the people in the place."

The foreigner then spots three young Egyptians and heads over to them, saying in broken Arabic: "I love you

so much." The narrator says: "Our generosity has no limits," as one of the Egyptians stands up, shakes hands and invites the foreigner to sit with them.

It goes on to show the visitor smiling slyly and narrowing his eyes while listening intently to the Egyptians complaining about the economy and talking about overthrowing a plot against the ruling military council in the

subway. The narrator warns Egyptians not to share with outsiders their woes about the economy or political situation. Both spots close with: "Every word comes with a price. A word can save a nation."

Ahmed Maher, co-founder of one of the youth groups that steered the uprising, described the spots as "deceptive."

THE ASSOCIATED PRESS



## Apple. New iPhone, iPad software anticipated

Apple CEO Tim Cook is expected to show off new iPhone software, updated Mac computers and provide more details on future releases of Mac software when he kicks off the company's annual conference for software developers on Monday.

The announcement of new software for the iPhone, iPad and iPod Touch has been confirmed by banners that appeared at the Moscone conference centre in San Francisco on Friday, reading "iOS 6."

Apple has used its Worldwide Developers Conference as an opportunity to announce new iPhone software for the past few years.

What's not known is what new features will come with iOS 6, or when it will be released to consumers. Usually, the new software becomes available for download around the time a new iPhone model appears.

Apple-watchers expect the next version of the iPhone, the iPhone 5, to appear this fall, about a year after the launch of the 4S model.

In 2010, Apple demonstrated the new iPhone 4 at the WWDC, but analysts don't expect the company to show off a phone model this year.

With the launch of iOS 5 last year, Apple added many features already found in competing smartphone software. It

also added the "Siri" virtual-assistant feature, which interprets voice commands and talks back to the user.

This year, there are fewer "catch-up" features to add, so Apple watchers expect more modest improvements.

Some speculate that Facebook could become more tightly integrated, in much the same way that Apple baked Twitter functions into its software last year.

That could make it easier to post Facebook status updates from within Apple's apps.

On the Mac software side, there are fewer unknowns. Apple already demonstrated most of the features of OS X 10.8 "Mountain Lion" in February and said it will go on sale late this summer.

THE ASSOCIATED PRESS



# It's all downhill from here despite bailout: Spain PM



Spanish Prime Minister Mariano Rajoy looks down during a press conference at the Moncloa Palace in Madrid Sunday. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

**Debt crisis.** Spain becomes the fourth and largest country to ask eurogroup to rescue its failing banks

Spain's grinding economic misery will get worse this year, despite the country's request for a European financial lifeline of up to \$125 billion US to save its banks, Prime Minister Mariano Rajoy said Sunday.

A day after the country conceded it needed outside help following months of denying it would seek assistance, Rajoy said more Spaniards will lose their jobs in a country where

### Quoted

"Lots of people enjoyed the consumer boom, but not everybody. Now everybody's having to pay for it."

Paul Preston, history professor and expert on Spain with the London School of Economics

one out of every four are already unemployed.

"This year is going to be a bad one," Rajoy said Sunday in his first comments about the rescue since it was announced the previous evening by his economy minister.

The conservative prime minister added that the economy, stuck in its second recession in three years, will still contract the previously predicted 1.7 per cent even with the help.

Spain on Saturday became the fourth — and largest — of the 17 countries that use Europe's common currency to request a bailout — a big blow to a nation that a few years ago took pride as the continent's economic superstar only to see it become the hot spot in the eurozone debt crisis. Its economy is the eurozone's fourth largest after Germany, France and Italy.

Although Spain has not yet said how much money it would seek, the eurogroup — finance ministers of the 17-country eurozone — said in a statement Saturday that it was prepared to lend up to \$125 billion.

THE ASSOCIATED PRESS

## AUTO EXTRAVAGANZA

June 13-16

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# HABITAT FOR HUMANITY COUNTING ITS PENNIES



**URBAN COMPASS**  
Todd Devlin  
london@metronews.ca

More than anyone else who attended the March groundbreaking of a Habitat for Humanity build in east London, Alecia Fisher and her mother, Wendy Durnin, were able to relate to the

family that will move in when the house is complete.

Kerri Ronson, a single mother, and her 14-year-old son, Brendon, are the recipients of the fully accessible home, the second of its kind in London. Like Brendon, 21-year-old Fisher has cerebral palsy and uses a wheelchair. She understands the day-to-day challenges Brendon faces. So when she learned just how much of a positive impact Habitat for Humanity will have on the Ronsons' lives, Fisher became inspired to help the organization in its fundraising efforts for future home builds.

In April, Habitat for Humanity London launched a penny drive, and Fisher got on board right away. With the help of Jennifer Eckert, her educational assistant, Fisher began collecting pennies at Laurier Secondary School. Announcements were made, students and staff got involved, and the pennies started rolling in. Her mother was left duly impressed.

"I have thoroughly enjoyed seeing Alecia helping others and being involved with such a worthwhile charity," Durnin said. "She has learned that even though she has special needs, she can still do something very important to help others achieve their goals."

Fisher says it makes her feel good to support a cause that makes others live an easier life. Both mother and daughter plan to continue helping the organization in the future.

"We all need and deserve a decent place to live," Durnin said. "Habitat does that for deserving people right here in our community."

The organization's goal for the current fundraising drive is 10 million pennies, or \$100,000 — which will foot the bill for the materials required to build a home for another low-income family in the Oxford, Middlesex, Elgin community. The idea for the drive was sparked when the federal government announced that the penny will no longer be in production as of this fall.

Pennies can be dropped off at the two ReStore locations in the city — No. 4 - 40 Pacific Ct. or 317 Adelaide St. S. Penny donors can even call Habitat for Humanity and the organization will pick them up with the Copper Cooper, a rolling piggy bank on loan from BMW Mini London.

The drive is picking up — just last week, students at Cartier Elementary School alone donated 51,300 pennies. And stories are coming in about unique ways in which individuals are raising funds to help a family in need. But perhaps none are more inspiring than the efforts of Fisher.

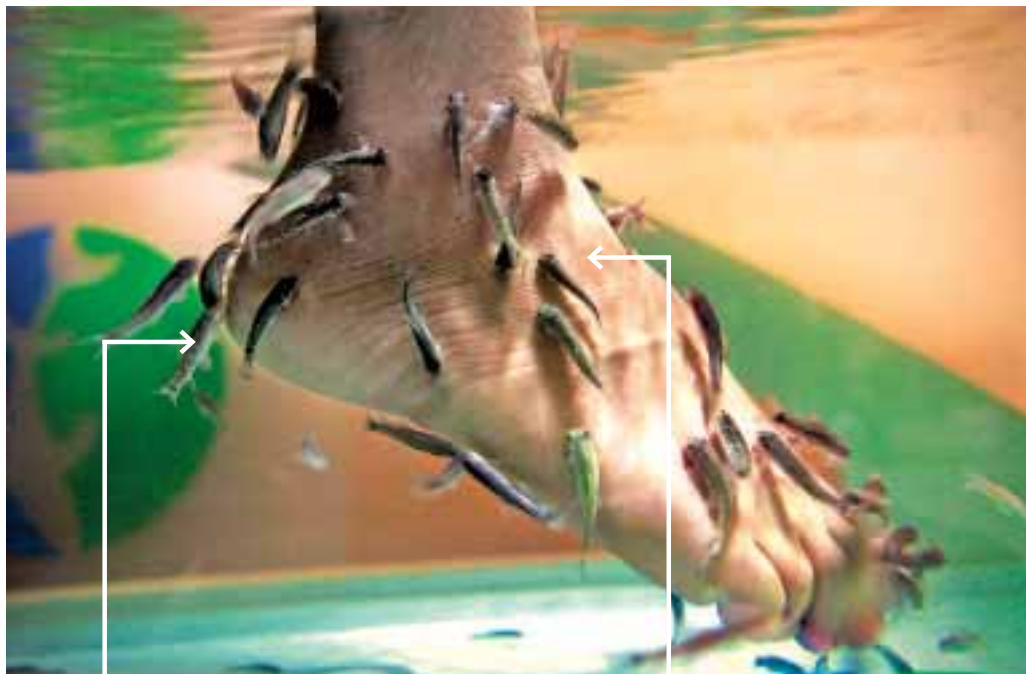
"Some might consider her to be less fortunate, but she is showing the community that, with a little help, the less fortunate can accomplish many things," Durnin said. "And she is gaining very valuable experience."

Visit [habitatlondon.ca](http://habitatlondon.ca) to learn more about the penny drive or how to get involved in a Habitat for Humanity home build.



Wendy Durnin and her daughter, Alecia Fisher, with some of the fundraising efforts for Habitat for Humanity's penny drive. CONTRIBUTED

# Something's fishy about this ...



KHALID MOHAMMED/THE ASSOCIATED PRESS

## Post-violence pampering

### Pedicure shops setting foot in Iraq

An Iraqi man immerses his feet in a fish tank with Garra rufa, also known as doctor fish, at Baghdad's first fish-pedicure salon in Iraq on Sunday. The latest luxury spa in Iraq's capital offers another small sign of life creeping closer to normalcy, if your definition of "normal" includes having tiny fish nibble on your feet.

The salon aims to bring in Iraqi customers who have recently begun to venture out again as the violence that engulfed the country after the 2003 U.S.-led invasion ebbs.

THE ASSOCIATED PRESS

## Water oasis

- **Bombings and shootings** are still common, but daily life has improved for most people in recent years. Dozens of beauty salons, cosmetic-surgery centres and other enterprises have sprung up to cash in on war-weary Iraqis looking for pampering.

- **Doctor's Fish Spa** opened this year in western Baghdad's upscale Mansour area.

- **Owner Musbah Saleh** says he's confident of success for his piscine pampering project despite minor logistical hurdles, such as the city's frequent power cuts that force him to run a noisy generator.

## Nailing it

"Chinese massage centres, beauty salons are all thriving. So this kind of business has a promising future.... The Iraqi people need these things because they couldn't have them before."

Doctor's Fish Spa owner Musbah Saleh, 37, commenting on the new spa industry that is thriving in Iraq.

## Curb appeal

### Spa located near security checkpoint

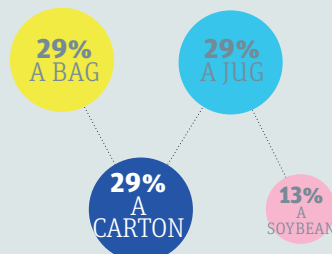
Violence in Baghdad has dropped sharply in recent years, after a wave of sectarian attacks that pushed the country to the brink of civil war. The wealthy Mansour neighbourhood near Musbah Saleh's spa saw some of the worst of the sectarian carnage.

Just down the street from Doctor's Fish Spa, there is a police checkpoint — one of dozens across Baghdad — with concrete barriers, rolls of barbed wire and armed police. Far from scaring customers off, the checkpoint was part of the location's appeal, Saleh says. THE ASSOCIATED PRESS



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

Milk tastes best from:



## Twitter

@ShaunaRae67:

I don't care how hot it is, coffee... Mmmmmmm! #caffinefix

@ama\_rie:

OMG i'm going to get whiplash from watching #frenchopen #nascar #Euro2012 all going on at same time!

@valoasis:

Hola twitter! The sun is shining & #ldnont kinda feels like Mexico. We're going to check out fiesta London @CoventMarket!

@tanyachopp:

Yoga in the morning, running at night... Maximizing the coolest time of day plus gym air conditioning. It's gonna be a scorcher #london! :D

@BrentCDuncan:

Only Western guy at this party. Missing my #two rowing friends

@Alysha\_Li:

Good to hear Dr. Chakma is not planning to use a student levy to fund #WesternU downtown campus expansion

2

## SCENE

## Box office

**Creatures  
lure  
audiences**

Circus animals and space beasts have lifted Hollywood to a huge weekend. The cuddly critters of *Madagascar 3: Europe's Most Wanted* led the weekend with a \$60.4 million debut, followed by a big opening for Ridley Scott's alien saga *Prometheus* at No. 2 with \$50 million. DreamWorks Animation's *Madagascar 3* was the family favourite for the weekend, reuniting voice stars Ben Stiller, Chris Rock, Jada Pinkett Smith and David Schwimmer as the zoo animals continue their travels by joining a circus. *Prometheus*, from 20th Century Fox, stars Noomi Rapace, Michael Fassbender and Charlize Theron in an offshoot of director's Scott's 1979 science-fiction horror tale *Alien*. *Prometheus* did big business despite an R rating, which can limit a movie's audience in the U.S. since those under 17 must see it with an adult.

THE ASSOCIATED PRESS

## On the web



Kevin Costner testifies at New Orleans trial of a lawsuit involving oil-clean-up devices

Metric's new album *Synthetica* is out on Tuesday. PHOTO: JUSTIN BROADBENT

# Metric find their system

**New album.** Band parlays their success into making music on their own terms — and gets experimental on *Synthetica*

TABASSUM  
SIDDIQUI

scene@metronews.ca

It's a well-worn cliché: emerging indie band with big buzz but few resources faces umpteen struggles along the way before finally breaking through and becoming a bona fide international success.

But despite their steady rise, Metric have always refused to take the expected route — while other bands in their position may have succumbed to the pressures that go hand-in-hand with crossing over into the mainstream, they decided to leverage their success a slightly different way — by making their next album entirely on their own terms.

The band's new record, *Synthetica*, offers a sleek digital-meets-analogue twist on the quartet's signature synth-pop — fans looking for a repeat of the shiny stadium

anthems of 2009's *Fantasies* (which sold over 1 million singles and nearly 500,000 copies worldwide) might be slightly nonplussed, but to hear singer Emily Haines tell it, success equalled more creative freedom.

"You have to really have it together on all fronts," she notes.

"It's pretty challenging to navigate the business side and the sonic side — the music you want to create, who you want to work with, the live element. So it feels like we've slowly but surely made progress in all those areas over the years, and it feels good to be heading in the direction we always hoped to."

Aside from releasing their music entirely independently through their own label via various international partnerships, another piece of the puzzle was establishing their own studio at home in Toronto — being able to hunker down amidst guitarist-producer Jimmy Shaw's growing arsenal of vintage gear and instruments proved to be the key catalyst in defining *Synthetica*'s sound.

"It sounded as if I were writing in this context that Jimmy created — this futuristic-yet-nostalgic kind of sound," says Haines, the

band's principal lyricist.

"It's interesting with those instruments, because when they were invented, they were associated with the future. And now here we are in the supposed future, and those instruments actually sound really charming — they don't sound alien at all."

From the robotic stomp of first single *Youth Without Youth* (which quickly became the first single to ever debut at No. 1 on the Canadian Mediabase alternative radio chart) to the buzzy synths propelling surefire hit *The Void*, *Synthetica* paints a portrait of a modern era too preoccupied with keeping up than it is with taking stock.

"It's our examination of what's real and what's artificial," Haines explains.

"So it's a lot about looking back to look forward — it's not really so much about reminiscing as trying to get a handle on things so you can figure out which direction to take."

Mapping out their own

route — literally and figuratively — will be a major part of Metric's preoccupations over the next year as the band hits the road across the globe in support of the new album ("You'd laugh if you saw the giant wall calendar that is our lives right now," Haines quips) while also managing the responsibilities that come with being in charge of their own creative and business interests.

"We seem to be living in exponential times, where things are changing so rapidly — obviously not just in music, but in all sectors of technology," Haines says.

"It's sort of more fun to be on the side where we're on, where we can be in the moment and try and experiment with things that haven't been done before, as opposed to trying to hold on to the way things used to be."

"But we're up for the whole thing — we feel like we're doing exactly what we're meant to do."

## Quoted

**"We seem to be living in exponential times, where things are changing so rapidly — obviously not just in music, but in all sectors of technology."**

Metric's Emily Haines

## Special concerts

## Homegrown heroes?

Always a fan favourite in Canada (fun fact: though Haines and Shaw initially formed the band as a duo in Toronto in the late '90s, the band expanded into a quartet a few years later by adding the rhythm section of Jules Scott-Key and Joshua Winstead, both from the U.S.), Metric decided to kick off the release of *Synthetica* with special concerts in Montreal and Toronto, including an exclusive performance at Toronto's Phoenix Concert Theatre on Tuesday night (fans could win tickets via hints on the band's Twitter and Facebook pages).

"The more you travel, the more you value your home," Haines says of Metric's deep-seated connection with their Canadian fanbase.

"I love doing stuff like [the special CD-release shows] — we have the freedom to do that now, so why not?"



The Word

# Lindsay Lohan's car crash still happening

MONICA WEYMOUTH  
scene@metronews.ca

Lindsay Lohan got into a nasty car accident in L.A. over the weekend, and because this is Lindsay Lohan, things are far from over.

The actress, who was driving, initially claimed that an 18-wheeler cut off her black Porsche, causing her to slam into the back of it and total her car.

We're not sure if the damage matches up to this story — we're not even sure we've ever seen a Porsche in one piece — but the driver of the truck tells TMZ that Lohan, who was speeding, caused the crash, then attempted to leave the scene while her assistants negotiated a bribe and removed the actress' belongings from the car.

"I'd already called 911 because they were trying to get away from the scene," the truck driver tells the site. "But they packed a bag and then the (assistant) told me,

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



'Don't mention the bag to the cops.'"

Lindsay, for her part, is sticking with her original story, but yesterday also floated the idea that the brakes on the Porsche, which was a rental, were recently replaced and failed.

Lindsay, we realize you

didn't have a normal adolescence, so allow us to explain how this works: When you irresponsibly smash up an expensive car that isn't yours, the correct response is to cry, call your mom and say "officer" a lot.

Rinse and repeat as necessary.

# Warning: Nude Snooki is lurking out there

Jersey Shore star Snooki seems to be the latest celebrity to get her phone hacked and, surprise, there were nude photos on there.

The pictures, which were first posted to the blog Egotastic, show her — or, if we're entertaining a really dark world, an impersonator — in a hotel room and appear to be at least six months old.

We can't decide what's more upsetting: That we've seen Snooki naked, or that we can estimate how long ago she was naked.



Snooki. ALL PHOTOS GETTY IMAGES

Twitter



@RyanSeacrest

That moment when u realize ur watching a show on DVR and get mad at yourself for not FFing thru commercials.



DAD-ISM #56

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# 3

## LIFE

### Health

## Marijuana more popular than smokes

A U.S. government survey shows more teens are now smoking pot than cigarettes.

The Centres for Disease Control and Prevention reports that 23 per cent of high school students said they recently smoked marijuana, while 18 per cent said they puffed cigarettes. The survey asked teens about a variety of risky behaviours.

For decades, the number of teens who smoke has been on the decline. Marijuana has fluctuated, and recently rose. At times, pot and cigarette smoking were at the same level, but last year marked the first time marijuana use was clearly greater.

An earlier survey by the University of Michigan also found that pot smoking was higher. A Michigan expert said teens today apparently see marijuana as less dangerous than cigarettes.

THE ASSOCIATED PRESS

### On the Web



Honey is flowing at posh hotels from Paris to NYC as bees take up residence



Is the name Jaden taken? What about Justin? GETTY IMAGES

# Of 'stolen' baby names

**Etiquette.** What if someone got to your 'special' one first?

SHAWNA COHEN  
Mommyish.com

Just days after Blue Ivy entered the world, proud parents Beyoncé and Jay-Z trademarked their little girl's name. But guess what? You can still name your little bundle Blue Ivy if your heart desires (just don't go using that name on your line of hipster onesies).

Baby names are a free for all. Nobody owns the rights to a

baby name — not your cubicle mate, your BFF or your very own sister who had the name "Zoe" picked out from birth. And it's about time people stopped accusing others of "stealing" their baby names. This isn't high school, people!

Recently, the Social Security Administration released its list of the top American baby names for 2011. As fascinating as the list itself is, some people are actually upset if their chosen baby name happens to have fallen on it. For example, the name Mason is in the No. 2 spot for boys — much to the dismay of parents who believe they personally invented/discovered that

name (newsflash: you didn't!).

One Mommyish reader named Katie shared her own ridiculous baby name-stealing story. It goes like this: A girl in her daughter's class is named Isabelle. Isabelle's mom went nuts when a fellow mom named her second child Isla. She claims to have invented the name Isabelle and she felt that Isla was just a bit too similar. So Isabelle's mom flipped out at Isla's poor mom and accused her of stealing the name she magically created by combining Izzy and Belle. (Isabelle's mom, if you happen to be reading this: Get a grip, lady!)

Also this month, the New

York Times devoted space to this very issue. One reader "Meghan" from St. Louis — wrote in with the following:

"I'm expecting my first child next month. We're naming our son Benjamin, a family name filled with meaning. I told my colleagues months ago. My assistant is also expecting her first child. She recently announced that she will name her son Benjamin, too. I approached her privately and told her I was upset. She thought I was being unreasonable, and told me she chose the name after me because she thought it was cute. What should I do?"

Meghan, too, was told

to get a grip — thank God! (It was even recommended that she consider the name Nenjabim as an alternative, which cracked me up.)

My point is this: If you have an "original" baby name picked out, don't share it in advance. If you do share it in advance, don't be upset if someone else uses it.

Another point: If you hear a name that you like, go ahead and use it. Who cares if there are two Jaden's in the same playgroup? Chances are there will be two more in little Jaden's classroom, anyway, and another seven at your next door neighbour's birthday party.

# Is a Brave princess really groundbreaking?

LINDSAY CROSS  
Mommyish.com

Who is excited about Pixar's newest movie Brave? Let's all raise our hands.

This will be the first time a Pixar movie has a sole female protagonist. It centres on a girl who happens to be a princess, but doesn't really act like one. The main character, Merida, is more interested in archery than in finding a prince.

As I've been eagerly watching the previews for Brave, I took it for granted that my headstrong daughter would be excited about the movie as well. This is a little girl who throws Batman-themed birth-

day parties. Of course she's going to love a princess who competes in a tournament for her own hand in marriage.

Except then I went and showed my daughter the trailers. "Ehh...Let's go swimming, Momma."

That was it. That was her response. I'm not going to pretend that I wasn't a little let down. "Did you see she shoots a bow and arrow?" I prompted.

I realize that I shouldn't push my daughter to like certain things, especially not movies or television. I should probably take pride in the fact that what I'm sure is an enormously expensive marketing campaign hasn't swayed my little girl's

opinion. But I really want my daughter to love this awesome character who seems to be strong and fearless.

I guess Brave is a big deal for all the women who realize that they grew up with kind of crummy princesses. We're the ones who, as adults, keep demanding more progressive characters for young girls. Our kids really don't understand yet just why complacent princesses rescued by their one true love might set a bad example. To my daughter, who's always been told that girls could rescue themselves, this movie isn't all that groundbreaking.

Either that, or Disney's marketing team has lost its touch.



Brave, or maybe no big deal at all. DISNEY



# A distinctly savoury and stylish take on cheesecake

Top these little cakes with smoked salmon with a sprig of fresh dill; pear with caramelized onions; caviar and sour cream; prosciutto-wrapped fig or; black olive tapenade.

1. Line a 23-cm (9-inch) pan with foil, letting it hang over the edge for easy removal of cheesecake; set aside.

2. Crust: In a bowl, combine graham cracker crumbs, melted butter, sugar and pepper. Press into pan. Bake in 150 C (300 F) oven for 10 minutes. Let cool completely.

3. Filling: Using a food processor, blend cream cheese, sugar, egg, egg yolk, sour cream, lemon juice, salt and pepper. Process until all ingredients are fully incorporated and batter is free of lumps, about 1 minute. Pulse in walnuts and chives.

4. Pour into pan and spread evenly over crust. Bake for 20 minutes or until centre is firm. Do not over-bake. Let cool completely in pan, cover



This recipe makes 15 to 20 servings. THE CANADIAN PRESS/HO

and place in refrigerator overnight.

5. Remove cheesecake from pan. With a warm, dry knife, trim off edges. Cut remain-

ing cheesecake into 2.5-cm (1-inch) or 4-cm (1 1/2-inch) squares, wiping the knife after each cut. Top as desired and serve. THE CANADIAN PRESS/WALNUTINFO.COM/ ADAPTED BY EMI-

LY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDS.CA)

## Ingredients

### Crust

- 250 ml (1 cup) graham cracker crumbs
- 50 ml (1/4 cup) butter, melted
- 5 ml (1 tsp) each granulated sugar and freshly ground pepper

### Filling

- 1 1/4 pkgs (250-g/8-oz size) cream cheese, room temperature (312 g/10 oz total)
- 30 ml (2 tbsp) granulated sugar
- 1 egg
- 1 egg yolk
- 20 ml (4 tsp) sour cream
- 2 ml (1/2 tsp) lemon juice
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) freshly ground pepper
- 175 ml (3/4 cup) walnuts, finely chopped
- 50 ml (1/4 cup) finely chopped chives

## Healthy eating

### Choose it and lose it



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rosereisman.com

Nothing tastes quite as good as barbecued pork at the end of a warm day. But every delicious bite you take may cost you in calories, fat and sodium.

### 1 Rack of Pork Baby Back Ribs with Barbecue Sauce

1,440 calories/ 86 g fat/ 32 g saturated fat/ 2,200 mg sodium  
You have an entire day's worth of calories, fat and sodium.



### Equivalent

One or two single ribs are fine, but if you go for the entire rack, you'll be eating the equivalent of two packages of cooked Maple Leaf bacon in fat. You'll also be a step closer to clogging up your arteries.



### Pork Rib Chop (8 oz.) with barbecue sauce

490 calories/ 20 g fat/ 8 g saturated fat/ 337 mg sodium  
A pork chop is delicious and contains eight times less fat and four times less calories than ribs.



# Cedar-Planked Brie makes creative appy



Dazzle your guests with Cedar-Planked Brie with Cherry Chutney and Toasted Almonds. NEWS CANADA

plate.

5. Spoon half of the chutney over the cheese and top with the toasted almonds. Serve with bread or crackers and the remaining chutney on the side. NEWS CANADA/ RECIPE FROM WEBER'S SMOKE BY JAMIE PURVANCE. USED WITH PERMISSION

## Ingredients

Ideal grill: Charcoal  
Smoke intensity: Moderate  
Prep time: 20 minutes  
Cooking time: 10 minutes  
Special equipment: 1 untreated cedar plank, 12 to 15 inches long and about 7 inches wide, and 1/2 to 3/4 inch thick, soaked in water for 1 hour  
Serves: 4 to 6

### Chutney

- 2 tsp vegetable oil
- 2 tbsp minced yellow onion
- 1/2 tsp minced garlic
- 2 tsp peeled, minced ginger
- 1/2 cup cherry preserves
- Ground cinnamon
- Crushed red pepper flakes

- 1 wheel (8 oz) Brie cheese
- 1/4 cup sliced almonds, toasted
- Baguette slices or crackers

1. In a small, heavy-bottomed saucepan over medium heat, warm the oil. Add the onion and cook, stirring often, until golden, about 5 minutes. Add the garlic and stir until fragrant, about 30 seconds. Stir in the ginger, preserves, a pinch of cinnamon, and a pinch of red pepper flakes and bring to a simmer. Reduce the heat to very low and cook for 3 minutes. Transfer to a bowl to cool.

2. Prepare a two-zone fire for medium heat (350 to 450 F).

3. Brush the cooking grate clean. Place the soaked plank over direct medium heat and close the lid. After 5 to 10 minutes, when the plank begins to smoke and char, turn the plank over.

4. Set the Brie in the center of the plank and cook over direct medium heat with the lid closed, until the cheese softens and the rind turns a pale golden brown, about 10 minutes. Use a wide spatula to transfer the Brie to a serving

# LONDON TRANSIT NEWS

## STUDENT SUMMER PASS FOR STUDENTS UP TO GRADE 12

**Students up to grade 12 can ride LTC buses during July and August for \$81 plus \$3 for the picture ID card. The student summer pass can be purchased after June 15 and up to July 20 at our main office at 450 Highbury Avenue North and the downtown Ticket Office at 150 Dundas Street.**



# Freshen up your laundry list

**DIY.** Homemade detergent is a cheap and chemical-free alternative for your laundry

**BEN KNIGHT**  
Metro Canada

In the market for an additive-free, fragrance-free laundry detergent that's also much, much cheaper than the brand you're using now?

You probably can't buy it. But you can make it yourself — at home.

And it's easy!  
Using just three simple

ingredients, you can mix a batch in less time than it takes to go to the store and buy a commercial brand.

"The first ingredient is a bar of soap," says Matt Jabs, co-founder of the website diyNatural.com, which is packed with innovative, inexpensive homemade cleaning solutions.

"It can really be any kind of soap, but a lot of people use either Ivory or maybe Castile soap."

"Then you have to grate the bar of soap," adds Matt's wife and site co-founder Betsy Jabs. "We always recommend you use the finest cheese grater, so the soap particles are small and not floating around in the laundry."

## Soapy savings

### 5 cents

Approximate cost of doing a single load of laundry with this simple, homemade detergent. That's about four times cheaper than commercial brands.

Add a cup of Borax, a cup of washing soda, mix thoroughly, and you're ready to do laundry.

"A lot of people will substitute baking soda for washing soda," Matt notes. "Washing soda is really good if you have hard water, because it's a water softener. But if you already have soft water, you're better off using baking soda."

The savings are impressive. This simple concoction cleans your clothes for about a nickel a load. The same amount of commercial detergent costs four times as much — around 20 cents.

"It's one of the things in our households that I

think people don't give a second thought to," Betsy says. "They don't consider the chemicals and the harmful things that might be in the laundry detergent, that eventually end up on our skin every day. We only use ingredients that we know are safe, and aren't going to coat our clothes with any harmful chemicals."

If you've just purchased a modern high-efficiency washing machine, this homemade laundry soap is actually ideal.

"Consumers have been duped big-time that they need some kind of more expensive, high-efficiency detergent for HE machines," says Matt. "All they are is low-suds. Our recipe creates very little suds."

"People really do have to give this a chance," Betsy concludes. "It doesn't take a lot of time, and if you don't like the result, those ingredients can still be used elsewhere in the house."

For more great money-saving ideas: diynatural.com.



Mixing up homemade detergent is quick and easy. ISTOCK PHOTO

## Quoted

"Consumers have been duped big-time that they need some kind of more expensive, high-efficiency detergent for HE machines."

Matt Jabs, co-founder, diyNatural.com

**PREGNANCY & FERTILITY**

*A guide to family planning*

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## Go green: Taking an eco-friendly vacay



A simple Internet search using "green hotel" will reveal some excellent options. ISTOCK PHOTO



**QUEEN OF GREEN**  
Lindsay Coulter  
green@metronews.ca

Is there such thing as green hotels? And if so how can I find one?  
Dan of Toronto

Indeed, there are green hotels!

Many work to conserve resources like energy and water — by installing everything from energy-efficient lighting to low-flow shower heads. Other green hotels tackle waste and pollution with food waste composting, in-room recycling and using eco-friendly cleaning products.

One option is to search the Green Key Eco-Rating Program website at greenkey-global.com. They rate hotels and resorts in Canada, the U.S. and internationally on environmental performance.

Top Canadian Hotels (topcanadianhotels.com) also allows hotels to self-select as "green" by submitting an evaluation of their environmental performance — energy conservation, pollution prevention — to receive green leaves (one to five). However, it doesn't appear that the actions committed by the hotels are verified by another third party, or Top Canadian Hotels for that matter.

A leader in the green hotel movement has been the

Fairmont Hotels & Resorts. In 1990, the company launched a Green Hotel Partnership Program to minimize its properties' carbon footprint. In Vancouver, the Fairmont Waterfront raises 500,000 honeybees on its rooftop and maintains a beautiful herb garden (excellent bee food), not to mention serving Ocean Wise seafood, organic wines and much more. They believe they can minimize their environmental impact while offering guests an outstanding experience! And why not?

A simple Internet search using "green hotel" and your destination city will likely reveal a few excellent choices. Be prepared to ask about what exactly makes them "green."



# 'I saw him heal completely'

## Wellness at work.

Facing a health scare with her son, Angela Shim took matters into her own hands



**THE IN-CREDIBILITY FACTOR**  
Teresa Kruze  
life@metronews.ca

Sometimes the most amazing things in life come in the smallest packages.

Angela Shim was working in a bank when she gave birth prematurely to her son.

When he was diagnosed with severe health problems, she was told by the doctors that there was nothing more they could do.

"He was eight years old

and looked like a dehydrated old man covered in gauze. I made a decision at that time I was going to do whatever it took to find a solution."

Angela went to workshops, web seminars and naturopaths; then she went to work on her son.

"I saw him heal completely. We got him off puffers and medications and we saw a new person."

Angela's son is now a healthy 19-year-old.

She left the bank and created a new career helping other parents heal their children through food nutrition and energy management.

"I feel very blessed with what I've experienced and it has been an awakening process. Create your wellness bank account. And make sure you invest more than you withdraw."



Angela Shim, co-founder of the Whole Child Network. PROVIDED

## Road to rejuvenation

### A guide to balanced healing.

- Develop awareness of your thoughts and feelings, since they create your reality.
- Health is a choice and a daily habit.
- Focus on uncovering the root cause versus masking symptoms.
- Observe nature's laws and principles.
- Feed and nourish your immune system daily; it is your best wellness support team.

Visit: [wholechildnetwork.com](http://wholechildnetwork.com)

# Not accepted: Fear of the flat envelope

**There's life after that letter.** Recover and recharge after post-secondary rejection

MELISSA REBER  
Metro News

With the number of applicants rising each year the competition is fierce if you want to secure a spot at one of the top universities in Canada.

So what happens when you receive that rejection letter and your dreams of walking across the graduation stage at (insert school name here) are dashed?

Allison Singh, author of *Getting Over Not Getting In: A College Rejection Guide*, offers advice on getting past the feelings of inadequacy and upset:

## Remember that rejection will not hold you back

"But entering college full of bitterness and self-doubt will," says Singh.

"Research shows that these days it does not matter where students attend college, or at least not as much as they might think. Employers value skills and internship experience more than the name on a diploma. Success is up to the individual."

## Respect your feelings

"Sometimes we minimize the sting of rejection or condescendingly tell students to just brush it off. This is unfair," Singh says. "In many ways, we have set students up for this by making the college admis-

## Resumé reality

**"Employers value skills and internship experience more than the name on a diploma. Success is up to the individual."**

Allison Singh  
Author of *Getting Over Not Getting In: A College Rejection Guide*

sions process the central focus of high school. I begin by re-

minding students that rejection is not an indicator of their ability or future success. They should be proud of what they accomplished in high school, regardless of where they end up."

## Move forward

Singh suggests students to take another look at the schools that did accept them. "Visit the schools, talk to students. If they keep looking back at the school that said no, they will miss out on all of the opportunities at the school that said yes."

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# 4

## SPORTS

### Belmont Stakes

**"It was a very exciting race at the end. The public should be happy with it."**

John Velazquez, jockey of Belmont Stakes winner Union Rags. Fans were rewarded with a sizzling finale to the season's Triple Crown series when Union Rags overcame Paynter in the closing strides to win by a neck. The Belmont lost its main attraction on the eve of the race when Canadian-owned I'll Have Another was suddenly and shockingly retired with a left front tendon injury.

### Boxing

**"I've never been as ashamed of the sport of boxing as I am tonight."**

Promoter Bob Arum, fuming after Timothy Bradley beat Manny Pacquiao on a judges' decision at the MGM Grand in Las Vegas on Saturday night. In a fight Pacquiao seemed to have in hand, two judges decided otherwise, giving Bradley a split decision Saturday night and ending the Filipino fighter's remarkable seven-year unbeaten run.

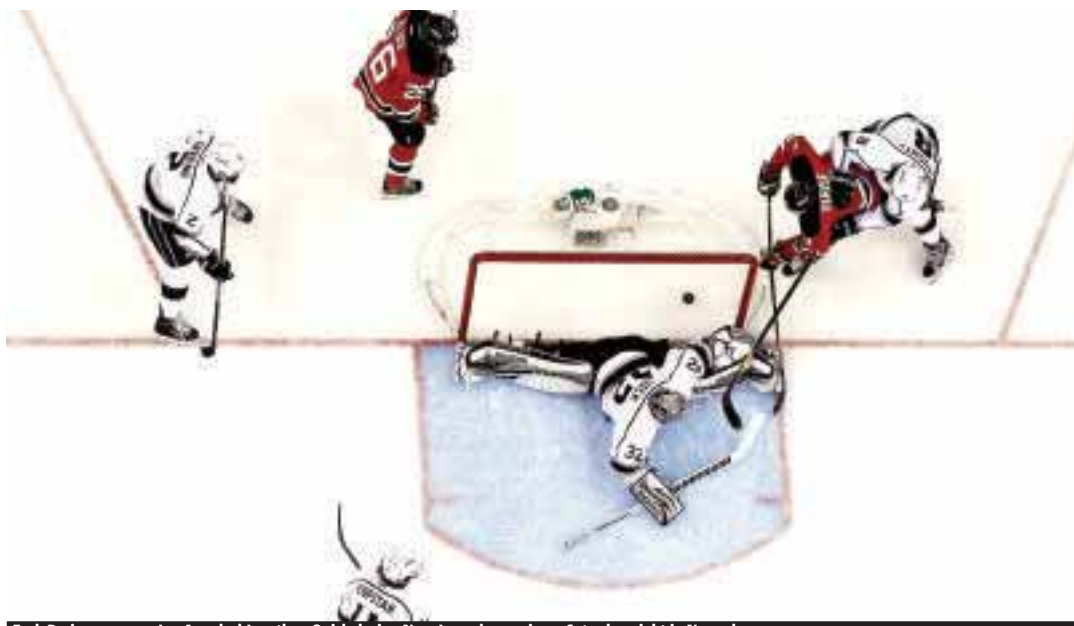
**"I did my best. I guess my best wasn't good enough."**

Manny Pacquiao

### On the web



The field appears to be wide open as players begin to arrive in San Francisco for this week's U.S. Open. At the Olympic Club course, nothing ever seems to turn out as expected, similar to how many top golfers' seasons have gone thus far. Scan the code for the story.



Zach Parise scores on Los Angeles' Jonathan Quick during New Jersey's 2-1 win on Saturday night in Newark. JULIO CORTEZ/THE ASSOCIATED PRESS

# Kings refocus with time running out

**NHL.** Doughty says club has tuned out distractions after losing two straight to Devils

The cellphones are going off and the blinds are going down. The Los Angeles Kings believe the best way to close out this Stanley Cup is to completely ignore the growing madness around them.

When they had a chance to make history and lift the trophy at Staples Center in Game 4, the requests for tickets and demands on their time went through the roof.

As a result, they may have been guilty of taking their eyes off the prize, something they've vowed not to do when

### Quoted



**"The only way to really look at it in the series is the first goal."**

Kings coach Darryl Sutter. A key factor to watch in Game 6 is who scores first. In a series where goals have been extremely tough to come by, the team who takes the first lead has won five in a row.

they get a third shot at knocking off the New Jersey Devils in Game 6 on Monday.

"We don't want any distractions," said defenceman Drew Doughty of London. "I think a lot of us before Game 4 were distracted with family members and friends, the cup coming in the building. A lot of things we have to put aside. Family always comes first for everyone, but at this point of the year the team has to come first."

"We're a family in the room

and on the ice."

It was a refreshing piece of honesty from Doughty, who provided the best view behind the curtains as the Kings family convened at their practice facility Sunday for a meeting.

This is the first time all playoffs they've been part of a series that reached Game 6. The margin for error is getting slimmer and they're clearly looking to use the missed opportunities in this series for extra motivation.

### One for the ages

Significant history will be made no matter who raises the cup.

- Los Angeles is after its first title in 45 years while the Devils are seeking to become the first team since the 1942 Maple Leafs to erase a 3-0 deficit in the final.

"We realize a lot of us didn't play at our potential in Game 4," said Doughty. "We were nervous, worried about other things. All of us in the room were kind of frustrated that we were thinking about things ahead of time. (Coach) Darryl (Sutter) made sure that wasn't going to happen this time."

THE CANADIAN PRESS

### French Open

## Canadian Peliwo finishes second in junior competition

Canadian Filip Peliwo came up short in his second straight junior Grand Slam final, suffering a 6-1, 6-4 loss to Belgian Kimmer Coppejans on Sunday at the French Open.

The 18-year-old from Vancouver smashed his racket in frustration after his opponent claimed the title on a first match point. Peliwo had put the Belgian under pressure with three break points in the final game, but Coppejans managed the save them all — the third with an ace. THE ASSOCIATED PRESS



Filip Peliwo in Paris on Sunday. GETTY IMAGES

### Olympics

## Bolt OK after early morning 'fender bender'

Usain Bolt was involved in a minor car crash shortly before dawn Sunday in his Caribbean homeland of Jamaica but was not hurt, according to the publicist for the world's fastest man.

Carole Beckford said the three-time Olympic champion was returning from a party with friends in the early hours Sunday when he was involved in a "fender bender" in Jamaica's capital of Kingston.

THE ASSOCIATED PRESS

**UPCOMING GAMES**

FRI JUNE 8  
SAT JUNE 9  
SUN JUNE 10

WED JUNE 20  
THURS JUNE 21  
FRI JUNE 22

SUN JUNE 17  
MON JUNE 18  
TUES JUNE 19

WED JUNE 27  
THURS JUNE 28  
FRI JUNE 29

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## MLB. Jays bats come to life in series finale in Atlanta

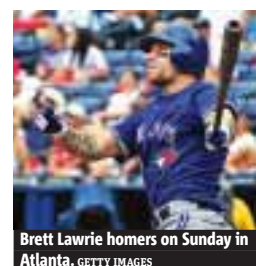
After watching the Blue Jays score a combined five runs in two losses to the Braves, John Farrell fretted about his team's inability to "bunch some hits together."

The Blue Jays came through with an impressive solution in the final game of the series.

Brett Lawrie and Colby Rasmus each homered and drove in three runs and Toronto rallied from an early four-run deficit to beat Atlanta 12-4 on Sunday.

The Blue Jays set a season high with 18 hits as they ended a three-game losing streak.

"The way things started out,



Brett Lawrie homers on Sunday in Atlanta. GETTY IMAGES

it wasn't looking real promising," Farrell said. "We were able to string a number of hits together."

THE ASSOCIATED PRESS



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Spain's Sergio Ramos performs a bicycle kick beside Italy's Cristian Maggio in Gdansk, Poland, on Sunday. GERO BRELOER/THE ASSOCIATED PRESS

# Spain, Italy settle for draw in opener

**Euro 2012.** Spaniards allow opening tally, but battle back to earn draw in opener

For Spain, it was a bit of a stumble. For Italy, it was a bit of a reprieve.

Beginning its bid for a third straight major title, the Spanish rallied to earn a 1-1 draw Sunday against Italy, which entered this year's European Championship amid another match-fixing scandal.

## Quoted

**"The thing that really disappoints us is that we allowed them to equalize very quickly."**

Cesare Prandelli, Italy coach



Antonio Di Natale put Italy in front after an excellent setup from Andrea Pirlo in the 61st minute, but Cesc Fabregas equalized for the defending champions three minutes later by finishing off a dazzling display of Spain's passing game.

"Being the favourite now is complicated, but in the end we found the character," Fabregas said.

Spain, which followed up its Euro 2008 victory with the 2010 World Cup title, dominated the match for long stretches but struggled to finish at times,

while Italy relied on dangerous counterattacks.

The draw ended a 14-match winning streak for Spain in competitive play.

Still, it could have been worse.

"I don't leave here frustrated because the effort we made to win this game was tremendous," Spain coach Vicente del Bosque said. "It was a good game, a different kind of game."

Spain pulled a surprise by starting with no recognized strikers in its lineup, with Fabregas at forward between David Silva and Andres Iniesta — leaving Fernando Torres, Alvaro Negredo and Fernando Llorente on the bench.

"I was happy to have the opportunity," Fabregas said. "Happy to be able to play. It's been a month and half since I've played. To get the goal was nice." **THE ASSOCIATED PRESS**

## Group C

### Croatia has early jump vs. Ireland

Playing in a difficult group with Spain and Italy, it's Croatia at the top.

The Croats took advantage of a frail Ireland defence to win their opening match at the European Championship, getting two goals from Mario Mandzukic in a 3-1 victory Sunday night at rainy Municipal Stadium in Poznan, Poland.

"I still can't believe what we just did. It was a fantastic victory," Mandzukic said. "We knew it would be a tough match, but we responded excellently and we achieved a great victory."

**THE ASSOCIATED PRESS**



Croatia's Mario Mandzukic celebrates after scoring on Sunday. THE ASSOCIATED PRESS

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## Crossword

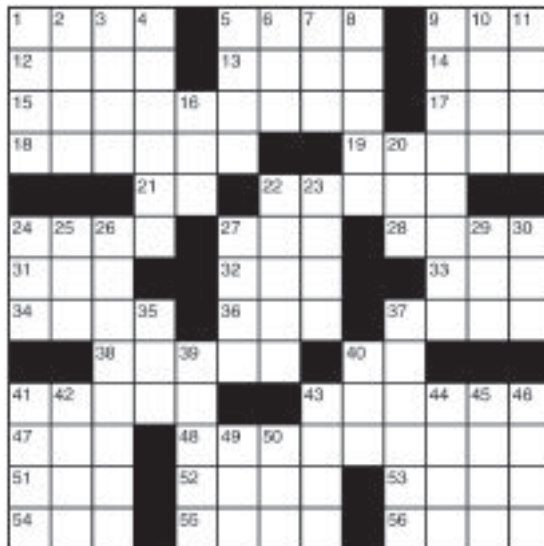
## Across

1 Comedian Jay  
5 Oil cartel  
9 Gym event  
12 Duel tool  
13 Deck in the ring  
14 Mamie's man  
15 Formidable request  
17 Martini base  
18 Wool provider  
19 Wan  
21 Tagged player  
22 Let  
24 Hardly hirsute  
27 Pair  
28 Old Italian bread  
31 Id counterpart  
32 Altar affirmative  
33 Agt.  
34 Depressed  
36 Pinch  
37 Toward the sunset  
38 Its participants must form a line  
40 Derisive laugh  
41 USNA freshman  
43 Merchant of Venice heroine  
47 Verily  
48 Stenog's skill  
51 Felonious flight  
52 Exhaust  
53 Roughly

54 Em halves  
55 Nimble  
56 Oodles

## Down

1 Transcending (Pref.)  
2 16-Down's birthstone  
3 Succor  
4 Moved the carpeting  
5 Gumbo base  
6 Cushion  
7 Storm centre  
8 Reef material  
9 Circus star's walkway  
10 Tom Joad, e.g.  
11 Teller's partner  
16 See 2-Down (Abbr.)  
20 Costa del —  
22 Sound  
23 Aerobatic maneuver  
24 Foundation  
25 Past  
26 Short-range head-lights  
27 Bell noise  
29 Dos' neighbours  
30 Likely  
35 Pen point  
37 Soup-can painter  
39 Bird houses?  
40 Stolen  
41 Nabors role



42 Slender  
43 Quarry  
44 Poi base  
45 "Meet Me — Louis"

46 Commotions  
49 With it  
50 Bobby of hockey

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

8	3	5	2	9	1	6	4	7
1	2	6	7	3	4	5	9	8
7	4	9	6	5	8	2	1	3
3	1	8	5	6	7	4	2	9
9	6	4	3	1	2	7	8	5
2	5	7	4	8	9	3	6	1
6	8	3	1	4	5	9	7	2
5	7	1	9	2	6	8	3	4
4	9	2	8	7	3	1	5	6

## Friday's Crossword



## Cryptoquip

## How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

PDWO PEFJ IOETIFL IBW  
HWBK TIOOWBFK LDARFJ  
KAR LIK YDWK'BW AO  
YDWEB XWILY XWDIHEAB?  
Yesterday's Cryptoquip: AS YOUNG TEENAGE  
BOYS, MIGHT A SMALL GROUP OF FUTURE  
LOGGERS HAVE AN OVERNIGHT LUMBER PARTY?  
Today's Cryptoquip Clue: B equals R



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Horoscope

## ♈ Aries | March 21 - April 20.

This is a good day for socializing, for spending quality time with your friends.

## ♉ Taurus | April 21 - May 21.

Enjoy yourself today but make sure you know your limits and make sure you stay within them.

## ♊ Gemini | May 22 - June 20.

Jupiter moves into your sign today, signaling the start of a more fortunate phase, but don't expect too much.

## ♋ Cancer | June 21 - July 22.

You are under no obligation to work your fingers to the bone, nor are you obliged to rescue a friend or work colleague from a situation that is entirely of their own making.

## ♌ Leo | July 23 - Aug. 22.

The

moment you start to believe that nothing can possibly go wrong is often the moment when you are in the most danger.

## ♍ Virgo | Aug. 23 - Sept. 22.

The more you want something to happen today the more likely it is you will overreach yourself and make a serious mistake.

## ♎ Libra | Sept. 23 - Oct. 22.

You will be on the move in some fashion today. Where you go and what you do is entirely up to you but, for best results, try to make it some place that inspires you mentally, emotionally and spiritually too.

## ♏ Scorpio | Oct. 23 - Nov. 21.

You will be in a dreamy mood today but you need to be serious too, especially about money issues which involve other people.

## ♐ Sagittarius | Nov. 22 - Dec. 21.

Partners and colleagues will grant any favor you ask of them today — so ask away!

## ♑ Capricorn | Dec. 22 - Jan. 20.

Resist the urge to rush things, especially on the work front where you won't do your reputation much good if you do too much too quickly and make silly mistakes.

## ♒ Aquarius | Jan. 21 - Feb. 18.

Jupiter, planet of good fortune, moves in your favour today but that does not mean you can do as you please.

## ♓ Pisces | Feb. 19 - March 20.

Be wary of people who try to baffle you by introducing facts and figures that have no relevance to what you are working on.

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Lucy  
THE ASSOCIATED PRESS

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